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Non-allergic rhinitis: Misdiagnosing a common disease. Classification, Diagnosis, Treatment

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The term "rhinitis" denotes nasal inflammation causing a combination of rhinorrhea, sneezing, congestion, nasal itch, and/or postnasal drainage. Although allergic rhinitis has a clear definition and its pathophysiology has been thoroughly investigated, nonallergic rhinitis (NAR) remains poorly defined and understood. There is consensus, however, that nonallergic rhinitis consists of a variety of heterogeneous conditions and affecting millions of people.

Nonallergic rhinitis includes a heterogeneous group of conditions, involving various triggers and distinct pathophysiologies. Non allergic vasomotor rhinitis is the most common form of NAR and the diagnosis is based on a detailed medical history and exclusion of clinically relevant sensitization to airborne allergens. As NAR involves a variety of conditions, the pathophysiology may vary but can roughly be divided into a classic inflammatory pathway, neurogenic pathway and other (largely unknown) pathways. Understanding and recognizing the presence of NAR in a patient is essential for the correct selection of medications and for successful treatment outcomes.

Recent Publications

1. E. Proimos, G. Perogamvrakis, T. Chimona, E. Theodoraki, M. Tzanakakis, CE. Papadakis: Ranula treatment in children. Greek Archives of Stomatology and Maxillofacial Surgery 8(1):35-39, 2007.
2. T. Chimona, G. Perogamvrakis, E. Proimos. Theodoraki, M. Tzanakakis, CE. Papadakis: Huge dermoid cyst of the floor of the mouth. Case report. (Galenos)
3. T. Chimona, M. Tzanakakis, E. Proimos, G. Perogamvrakis, E. Theodoraki, CE. Papadakis. Unusual anomalies of brachial clefts. Greek Otolaryngology Head and Neck Surgery 2007;28:12-16.
4. E. Proimos, T. Chimona, D. Tamiolakis, M. Tzanakakis, CE. Papadakis. Brown tumor of the maxillary sinus in primary hyperparathyroidism. A case report. J Med Case Reports.
5. T. Chimona, G. Perogamvrakis, E. Proimos, E. Theodoraki, M. Tzanakakis, C. Papadakis. Multiparametric comparison of cold knife tonsillectomy, radiofrequency excision and thermal welding tonsillectomy in children. 72(9):1431-6), Int J Pediatr Otorhinolaryngology, September 2008.

Biography

Dr Michail G. Tzanakakis is an ENT Surgeon, specialized in Rhinology and has quite a few experience of rhinosurgery. He has a Masters Degree in Rhinology and Rhinosurgery and a PhD degree from the University of Crete. He is a member of the Greek ENT society and works in private since 2010 in collaboration with Chania General Clinic where he performs most of his surgeries.

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